

The foods we eat may fail to keep us "fit"

A single, vital element has been found lacking in many of them

You will soon learn to like the taste of Fleischmann's Yeast. Take it just before a meal or between meals.

TO-DAY it is known that wrong habits of living—lack of exercise and fresh air—are not the only cause of lowered vitality—of a "run-down" condition. Science has revealed a new, startling truth—

One essential element—vitamine—is lacking in many everyday foods. And without this *vitamine*, our bodies cannot supply the energy we need.

A number of foods—especially spinach—contain this essential food-element. But many others that we eat every day, have been robbed of it in the process of manufacture or preparation.

And the richest known source of this life-giving *vitamine* has been found to be the familiar little cake of yeast that is used in baking bread. For years yeast has been prescribed in hospitals

and by physicians for pimples and boils—complaints that usually come with a "run-down" condition.

To-day Fleischmann's Yeast is being prescribed as a conditioner for men and women who are "below par," who "tire out" easily, or who lack vigor.

Many people ask, "Won't yeast when eaten have the same effect as in raising bread?" No. In the body, yeast is assimilated just like any other food. It is easily digested at any time. Only one precaution is necessary: people who are troubled with gas find it better to dissolve the yeast in boiling water before taking it.

Eat Fleischmann's Yeast before or between meals—from 1 to 3 cakes a day. To secure booklet giving many interesting facts on "Yeast for Health" fill out and mail the coupon below. Fleischmann's Yeast can be obtained at all grocers.

How to take yeast

Some take it dissolved in fruit juices or in water.



Some spread it on crackers or bread.



Others like it plain.

1 to 3 cakes a day—before or between meals.

Tell your grocer to send Fleischmann's Yeast with your regular orders.

For "run-down" condition

How many of us are "not quite fit" morning after morning? How many grow "tired out" easily—lack the full vigor that we need for the day's duties and pleasures? Few of us indeed escape feeling "run-down" at times. For people who lack energy and vitality, Fleischmann's Yeast is a valuable conditioner—rich in life-giving *vitamine*. Take 1 to 3 cakes a day before or between meals. In acute cases of "run-down" condition, always consult your physician.

For pimples and boils

Pimples and blackheads (acne) and boils are, as a rule, the result of a "run-down" condition of the entire body. In leading hospitals yeast is being prescribed as a conditioner for these maladies. Usually cases of boils have been either cured or greatly improved within two weeks. Take from 1 to 3 cakes of yeast before or between meals if you are suffering from pimples and blackheads or from boils. In all cases of boils and in acute cases of acne, be sure to visit your physician.

For constipation

It is recognized that ordinary laxatives cannot remove the causes of constipation. These laxatives are of three kinds: coarse substances that may injure sensitive intestines; drugs that may form a habit; oils that merely lubricate. Fleischmann's Yeast is a simple food that tends to restore the normal action of the bowels. In hospitals even chronic cases, some of years' duration, have responded. It cannot form a habit. For constipation take 1 to 3 cakes of Fleischmann's Yeast a day. Always consult your physician in acute cases.

THE FLEISCHMANN COMPANY

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941 945 Mission St., San Francisco, Cal.
508 Green Bldg., Seattle, Wash.
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The Fleischmann Company

(Address our office in New York, Chicago, Seattle, San Francisco, or Toronto.)

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